



**COULD YOU BE PUTTING  
YOUR CHILD AT RISK?  
STUDY FINDS NEW LINK  
TO AUTISM** {page 11}

**A SUPERFOOD IS  
REBORN  
WINTER WOES CURED  
BY QUINOA** {pages 13}



# DEVASTATED SCARJO REACTS TO RYAN AND SANDRA

 {page 9}


OTTAWA

**metro**

Tuesday, January 11, 2011  
www.metronews.ca



# Jail funding causes a stir

► Harper government says it will spend \$2 billion over five years to absorb more prisoners due to stiffer sentencing ► An estimated 2,700 new beds to be added

The Harper government plans to spend another \$158 million on prison expansion in Alberta, Saskatchewan, Ontario and Quebec — prompting a new flurry of criticism about the federal approach to crime and punishment.

The latest announcement was greeted with a familiar question: Why are the Conservatives spending billions more on lock-

**"Police basically are using  
prisons as repositories for the  
mentally ill because they  
have nowhere else to send  
them."**

LIBERAL PUBLIC SAFETY CRITIC MARK HOLLAND

ing people up when the crime rate is going

down?

The government says violent, gang-related crime continues to rise, even if the overall crime rate is falling — and Canadians deserve safe streets.

In his most recent report, Correctional Investigator Howard Sapers warned that prison crowding leads to tension, frustration and violence. **THE CANADIAN PRESS**

## Package. Scare



► Ottawa firefighter readies equipment for a hazardous materials team investigating a suspicious package at a building that houses offices of the Immigration and Refugee Board, the Official Languages Commissioner and Revenue Canada.

SEAN MCKIBBIN/METRO

## Threatening letter scare isolates eight people

Eight people were isolated yesterday after coming into contact with an envelope sent to the Immigration and Refugee Board, but the suspicious package scare turned out to be prompted by an allergic reaction, Ottawa police said late yesterday. Ottawa Fire Service hazardous materials (HAZMAT) specialists and an Ottawa police bomb unit were called to 344 Slater St. after a female Immigration and Refugee Board employee developed the reaction over the weekend, said fire service spokesman Marc Messier. Further tests found the contents of the envelope were not harmful, police said. Police are continuing to investigate.

Haiti

## Photos that empower children

► Ottawa called upon to help Plan Canada in beleaguered nation ► Tomorrow marks one-year anniversary of the horrific earthquake {page 2}

## Fringe star tries on a new hat

Lance Reddick shows off his jazz skill with first album release {page 8}



## There's no place like home

Jessica Napier explains why the loos in Britain cost the country hospitality points {page 6}

## Accused shooter appears in court

Arizona man represented by Unabomber's attorney {page 3}

## Life decisions puzzling teens

Crack the code on university applications {page 15}

1  
news

Acclaimed Korean director of Oldboy films latest flick entirely on iPhone. Scan code for story.

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On the web at metronews.ca

**Allan Small questions why stock markets aren't keeping up with the good economic news. More at metronews.ca/investing**

# NGO seeks support to rebuild in Haiti

Plan Canada gives voice to Haitian kids through photography



**JOE LOFARO**  
OTTAWA@METRONEWS.CA

The head of an organization working to rebuild Haiti was in Ottawa yesterday drumming up support with federal officials.

After returning from Haiti over the weekend, Plan Canada president and CEO Rosemary McCarney met with the Canadian International Development Agency yesterday to seek help for her NGO efforts in the beleaguered Caribbean nation.

Tomorrow marks the one-year anniversary of the devastating earthquake in Haiti that killed 220,000 people and left a country in shambles.

Since then, Plan has built hundreds of classrooms, trained thousands of teachers, and inoculated more than 35,000 kids.

"We've been in Haiti for

**"We strongly believe that we need to involve the youth of the country in the rebuilding exercises."**

ROSEMARY MCCARNEY, PLAN CEO

36 years so we know the terrain well," she said yesterday.

To show a different side of Haiti, Plan hired freelance photographer Natasha Fillion to teach Haitian youth about photography so they could take pictures about their day-to-day lives.

"There are a lot of pictures coming out of Haiti every day from the media's perspectives," said Fillion, an Ontario native.

With the photos taken by youth, "you actually get a more balanced view of what's happening in Haiti," she said.



► Photographer Natasha Fillion strikes a pose with some of her Haitian photography students.

## Project a go despite concerns

Tree cutting for a controversial housing project in Kanata should proceed this month, despite concerns aboriginal artifacts may be onsite, says the developer.

Mary Jarvis of Urban-dale Corp. said the company did archaeological assessments of the South March Highlands in 2004 to secure approval for development, and provincial legislation requires action

if they uncover anything in the building process.

"If you find something of archaeological importance, you're required to stop, inspect, and report before you move forward," she said.

Jarvis said a circle of stones on the property has been cordoned off pending a more detailed inspection when the snow melts.

● STEVE COLLINS

**"We had our archaeologist do some preliminary research on medicine wheels and the likelihood of a medicine wheel being found in Ontario."**

MARY JARVIS, DIRECTOR OF PLANNING AND LAND DEVELOPMENT, URBANDALE CORP.

### News in brief

#### Boy meets Cake Boss

**SWEET MEETING.** An Ottawa boy with Sialidosis, a rare genetic disease, got a special meet and greet with The Learning Channel's Cake Boss reality TV show star Buddy Valastro at the NAC Sunday night. Tyler



► Tyler Huneault, 11, with Cake Boss Buddy Valastro.

Huneault, 11, who has a penchant for meeting celebrities, said he'd like to follow in Valastro's footsteps after watching the star's live show at the arts centre. ● GIOVANNI

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## Clooney gets political

Actor George Clooney, who has been active in Sudanese issues for the last five years, is working to help the region avoid a backslide toward war. "Our job is trying to keep this

on the front burner of the news," Clooney said. The Hollywood star has been a whirlwind in the scruffy, straw-hut capital of Southern Sudan as its week-long independence referendum gets off the ground. Clooney has also had two meetings with President Barack Obama on Sudan and has persuaded reporters from outlets like NBC, CNN and Newsweek to focus on the country.

THE ASSOCIATED PRESS



## Model charged in journalist's murder

A Portuguese model was arrested on charges of second-degree murder in the slaying of a celebrity Portuguese television journalist found castrated and bludgeoned to death in a New York City hotel, police said yesterday.

THE ASSOCIATED PRESS

## A hotter version of Earth?

A NASA telescope has found the smallest planet outside our solar system and it is rocky just like Earth. But it is way too hot for any life. The planet is called Kepler 10-b after the telescope that found it. The reason it's so hot is that it is 20 times closer to its star than Mercury is to our sun.

THE ASSOCIATED PRESS

# Suspect in Arizona killings appears in court

► Jared Loughner could face life in prison or death penalty, says judge

Jared Loughner, the 22-year-old loner accused of trying to assassinate U.S. Congresswoman Gabrielle Giffords and killing six others, appeared in court yesterday with his head shaved, a cut above the right temple and his hands cuffed.

Loughner was represented by Judy Clarke, who defended "Unabomber" Ted Kaczynski and Al-Qaida operative Zacarias Moussaoui.

As authorities filed the charges against Loughner, they alleged he scrawled on an envelope the words "my assassination" and "Giffords" before he took a cab to a shopping centre in Tucson, Ariz., where the congresswoman was meeting with constituents.

The hearing came a few hours after U.S. President Barack Obama led the nation in a moment of silence

### Jared Loughner

A military official in Washington said the army rejected Jared Loughner in 2008 because he failed a drug test.

► The official spoke yesterday on condition of anonymity because privacy laws prevent the military from disclosing such information about an individual's application.

for the victims and their families.

Giffords, 40, lay in intensive care at a Tucson hospital, after being shot in the head at close range. Doctors said she had responded to commands to stick out her two fingers, giving them hope she may survive.

THE ASSOCIATED PRESS



► Jared L. Loughner at the 2010 Tucson Festival of Books in Tucson, Ariz., March 2010.

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04

metro

metronews.ca

TUESDAY, JANUARY 11, 2011

# Record labels on track to settle lawsuit

► Class-action sought \$50 million in unpaid royalties  
► Court must still approve proposed resolution

Canada's four major record labels have tentatively agreed to pay about \$47.5 million to resolve a class-action lawsuit involving a number of groups representing the interests of songwriters and music publishers.

In 2008, the estate of American jazz great Chet Baker launched the suit claiming the labels — EMI Music Canada Inc., Sony Music Entertainment Canada Inc., Universal Music Canada Inc. and Warner Music Canada Co. — had not paid the proper royalties for music on the industry's so-called pending list.

The hundreds of thousands of works on that list were released before royalties were arranged, with the expectation that the paperwork and payments would eventually follow.



► Graham Richardson

At the time the statement of claim was filed, the plaintiffs alleged more than 300,000 titles were on the pending list with \$50 million in unpaid royalties outstanding.

The allegations in the class-action suit were not tested in court and the settlement does not include

any admissions of liability or wrongdoing.

The agreement announced yesterday was applauded by both sides and also includes a new arrangement to expedite future payments of royalties.

"This is a very positive outcome for all parties," said Graham Henderson, president of the Canadian Recording Industry Association, in a statement on behalf of the record labels.

David Basskin of the Canadian Musical Reproduction Rights Agency said all sides are happy to resolve the matter.

The proposed settlement will go before the Superior Court of Justice in Toronto on Feb. 15., at which time any objections to the deal will be raised.

THE CANADIAN PRESS

**4** The class-action suit was filed in 2008 against four major record labels: EMI Music Canada, Sony Music Entertainment Canada, Universal Music Canada and Warner Music Canada.

## Market moment

TSX



- 27.18  
(13,245.12)

Dollar



- 0.15¢  
(100.68¢ US)

Oil



+ \$1.22 US  
(\$89.25 US)

Natural gas  
1,000 cu ft  
\$4.408  
(-1.4¢)  
Gold  
contracts  
\$1,374.10  
(+ \$5.20)

Playboy. Deal



► Hugh Hefner and his new fiancée, former Playmate of the Month Crystal Harris.

THE ASSOCIATED PRESS FILE

## Hefner takes Playboy private

The publisher of Playboy magazine said yesterday that it has agreed to a sweetened offer by founder Hugh Hefner to take the company private. The offer values Playboy at about \$207 million US. A group led by Penthouse magazine has also made an offer for Playboy Enterprises Inc. valued at \$210 million US.



# Look forward to the retirement you want by planning ahead now.



By **Victor Dodig**  
Executive Vice-President  
CIBC

Not everyone shares the same idea of the perfect retirement, but all Canadians can work towards realizing their individual goals – enjoying more free time, less pressure, maybe even that favourite hobby – with smart planning and professional advice. So what can you do today to plan for the retirement you want tomorrow?

Starting a retirement plan can be as simple as talking to an advisor. Planning your future takes a lot less time than you might think. An advisor can help take the pressure out of planning and make sense of the numerous savings and investment options available to you.

To build a retirement plan, you need to have a clear idea of your goals. Then, an advisor can help you assess where you now stand financially, calculate how much money you will need to support your chosen retirement lifestyle and determine what sources that income will come from, which could include: a pension, Registered Retirement Savings Plan (RRSP), Tax-Free Savings Account (TFSA), or non-registered investments. An advisor can also discuss other important considerations such as inflation and healthcare costs. Everyone has a different time schedule for retirement and an advisor can

help you determine your appropriate investment mix including savings accounts, GICs, mutual funds, managed portfolios or brokerage solutions. Since your plan is a long-term one, it's essential that you consider the long-term return potential and level of risk of any investment before adding it to your retirement portfolio.

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**One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan.**

---

As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer towards your goals with each contribution while compounding interest, dividends or investment growth.

Most importantly, if you haven't already, start planning today. Get help from an advisor to prepare a retirement plan, put it into action and review it regularly to ensure you stay on track. The more time your investments have to grow, the greater your returns will be. Successful retirement planning means being realistic about what you need to do today to reach those goals tomorrow.

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## SEEKING HOT SHOWER AND A GOOD SALAD

## She says ...

JESSICA  
NAPIER

Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers about their heritage and nine would identify themselves as Canadian slash something or other.

However, unlike all of those "My great grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure* not *leece*-sure" individuals, I'm *actually* British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North American luxuries we take for granted like central heating, efficient snow removal services and artisan salads.

The British have never been known for their outstanding cuisine but thanks to globalization

and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still

seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

But I can live with the vitamin deficient dietary options — what I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and as such, bathrooms (ahem, I mean loos) across

England are hundreds of years older than Canada.

Think about that for a minute.

Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

So, next time you're complaining about the wind chill factor just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.

**"Most of these medieval amenities have been designed with a four-foot-tall peasant in mind."**



Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADDER



## Worth mentioning

Spending cuts, rising unemployment, dour winter weather — it's not a good time to ask voters how happy they are.

But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession.

Government statisticians will this year begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure — and how it should be measured.

## Happiness is ...



Job security, relationships with families and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find

ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. **THE ASSOCIATED PRESS**

**What's your favourite part of the day? Why?**

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Metro Minute  
at poetry reading

Go see poet Christine McNair perform her poetry live in the Voices of Venus series at the Umi Café tonight at 7 at 610 Somerset St. W.

Then try your own hand at the spoken word trade in the open-mic set after McNair performs.

Her written work has appeared in *The Antigone Review*, *ottawater*,

*Misunderstandings* magazine, and the *Bywords Quarterly Journal*.

She won second prize for poetry in the Atlantic Canadian writing competition and an honourable mention in the Eden Mills literary competition.

She says she tries to pay the bills working as a book conservator in Ottawa.

● METRO



► Christine McNair will read her poetry tonight at 7 in the Voices of Venus series at the Umi Café.



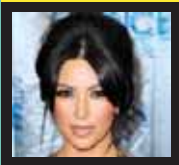




# 2

scene

## News in brief



The Kardashian sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Court last week against Kim, Khloe and Kourtney Kardashian.

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least \$75 million in losses.

THE ASSOCIATED PRESS



Kirstine Stewart vows to connect with Canadians as head of CBC English Services

# TV star goes back to his musical roots

► Known for his roles in *The Wire* and *Fringe*, Lance Reddick shows off his jazz skills ► Actor had originally wanted to be a rock star

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, *Contemplations and Remembrances*. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series *The Wire* and currently stars on the Fox series *Fringe* as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoming a recording artist. So with a little prodding, and a lot of time to contemplate, Reddick is proudly embarking on a recording career.

**Which came first, music or acting? I'm assuming it was music.** Absolutely. Growing up I never imagined I would be an actor.

**What gave you the courage to pursue a music career?**

I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was

in denial because I wanted to be a rock star. I started acting after a few years of struggling.

**What were the struggles?**

I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s. ... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think the time's passed. I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

**There seems to be a stigma when actors embark on a music career. How do you address that?**

I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

**You said you wanted to be a rock star. What made you lean more toward jazz?**

My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS



► Lance Reddick released his first album, *Contemplations and Remembrances*.

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# Scarlett miffed at Ryan-Sandra talk

► Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to Popeater. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27, 2008 and announced their separation on Dec. 14, 2010. **● METRO**



► Scarlett Johansson

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"McKenna is,  
quite simply,  
perfect."  
— Victoria News



Photo: David Cooper

# 3 life

## Grapefruit



Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Finding healthy, nourishing recipes that energize can help reduce the sluggish factor we are prone to in the winter months. The citric acid in grapefruit for instance, promotes an alkaline environment in the body.

NEWS CANADA



Certain tests can predict risk of dementia decade before onset: study



► By over sanitizing everything we're losing exposure to bacteria that helps our immune system.

# W becomes unhealthy

► Rates of depression in younger people now outnumber rates in older people ► Find out why experts are linking over-sanitization with mood



CELIA MILNE  
LIFE@METRONEWS.CA

It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut.

Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a

huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

Depression rates are lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells

is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're over sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small

## Statistics

Who is more prone?

► **Stats** Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men.

amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

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# Limiting child birth space linked to autism

► Babies born less than two years apart may raise autism risk in second-born children: study ► The effect found for parents of all ages

Close birth spacing may put a second-born child at higher risk for autism, suggests a preliminary study based on more than a half-million California children.

Children born less than two years after their siblings were considerably more likely to have an autism diagnosis compared to those born after at least three years.

The sooner the second child was conceived the greater the likelihood of that child later being diagnosed with autism. The effect was found for parents of all ages, decreasing the chance that it was older parents and not the birth spacing behind the higher risk.

"That was pretty shocking to us, to be honest," said senior author Peter



► According to government data, the numbers of closely spaced births is on the rise.

Bearman of Columbia University in New York.

The researchers took into account other risk factors for autism and still saw the effect of birth spacing. Closely spaced births are increasing in North America because women are delaying child-

birth and because of unplanned pregnancies.

Government data show the number of closely spaced births — where babies are less than two years apart — is rising, from 11 per cent of all births in 1995 to 18 per cent in 2002. The study, appearing

## 1%

Of all the 662,730 second-born children in the analysis, 3,137 had an autism diagnosis. Of the 156,034 children conceived less than a year after the birth of their older siblings, 1,188 had an autism diagnosis — a higher rate, but still less than one per cent.

yesterday in the journal Pediatrics, comes just days after a new report further tarnished a British researcher's 1998 paper linking vaccines to autism, this time calling the paper a fraud based on altered facts.

THE ASSOCIATED PRESS

For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"

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Most of you are probably familiar with the old saying "the eyes are the window to one's soul". Unfortunately, we do not have anything that poetic when it comes to dentistry. However, we may not be far from the mark in saying that **the mouth is the window to one's health!**

If you are one of the many people who plan on improving their health in 2011, then taking advantage of this wonderful window to your health would be highly recommended. And your dentist is one of the best people you can rely upon to look into this window.

The reality is that **certain illnesses sometimes manifest themselves physically in, of all places, the mouth.** For example, some patients show up at their dentist with undiagnosed diabetes. The condition of your teeth and gums may lead your dentist to recommend that you have your blood sugar tested to determine if you might have such an



Dr. George Parry  
Dental Surgeon

undiagnosed condition.

**A healthy mouth can also reduce the risk of cardiovascular disease!** To keep your mouth healthy, you need to brush and floss regularly. This helps prevent the build-up of harmful bacteria...bacteria that can attack unhealthy gums and get into your bloodstream.

Once in the bloodstream, that bacteria can find its way to your heart and lungs. This has resulted in heart conditions and asthma in some patients.

**Your dentist may even be able to help you from developing rheumatoid arthritis!** Researchers have discovered a link between an

anti-body common in people with gum disease and those suffering from rheumatoid arthritis. Good oral health practices reduce the risk of gum disease, thereby potentially reducing a risk factor for rheumatoid arthritis.

Perhaps the most dramatic impact this window on your health can uncover is oral cancer. As with all forms of cancer, early detection is vital to increasing the risk of survival.

**But early detection requires a complete oral examination, including x-rays!** Nobody but your dentist will conduct as thorough an examination of your mouth. Your dentist provides the best look into this window...one that could save your life!

These are just some of the ways your dentist can help you in your commitment to improved health. But your dentist can only help if you come to his/her office first. So take action to make 2011 your healthiest year ever by visiting your doctor AND your dentist...because visiting your dentist is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Parry  
- Dental Surgeon

# Move this, skip that

► Workout trends worth keeping for 2011 ► Drop the fit fads and put in that fitness work

## DAILY SQUEEZE

LARRY TRACK  
DAILYSQUEEZE.CA



From Tae Bo to pilates, hot yoga to bikini boot camps, the

decade featured dozens of fitness trends — and then some.

While there are a few I'm happy to see go (celebrity this and that!), some are still worth the sweat for 2011.

What makes these workouts uniquely effective?

For starters, they deliver maximum results in the shortest amount of time. Notice I didn't say 'least effort?' That's because for any change to happen — be it your body weight or muscle mass — you have to force change, and that only comes about by true, dedi-

cated effort.

Whether you want to lose weight, build muscle or simply get a leaner physique, here are the top workouts you'll want to include in 2011 and beyond.

1. Circuit training, group classes, dance fitness, boot-camps, ropes, kettles, etc. All of these workouts go beyond the traditional treadmill or rack of dumbbells; they push you to move your muscles in the most challenging of ways for maximum calorie burn and body-beautiful results.

2. Running (five kilometres, 10 kilometres, half-marathon, marathon). Studies show running is an excellent form of cardio and helps build stronger bones. If you're just starting out, try joining a club. The social camaraderie and instructor-led workshops will have you crossing the finish line without injury.

3. Yoga, particularly yoga that focuses on stretching and meditation such as hot yoga. In addition to improving your posture and body mechanics, yoga helps increase focus and concentration, while ridding your body of stored toxins. It's no wonder it's been around for so long. It works!

4. Spinning. For a high-intensity, ultimate calorie, fat-burning workout that's safe on your joints too, spinning is in a class of its own. Come 2011, look for instructors to challenge riders with new and improved technology to measure heart rate, calories, distance and power for better results.

Remember: What you put into your workouts is what you get in return. Skip the fads and aim for a minimum of 30 minutes of cardiovascular activity every day.

## Thoughts on... Questions

**ADVICE** The way to penetrate the heart of a matter or issue is by asking questions. It is the key that unlocks the door to personal freedom and peace.

Questions seem to have the power to uncover what is hidden and bring to light solutions that alter our reality.

Some questions worth asking: What in myself can I not face and where does it show up? For what insecurities am I compensating? What am I avoiding to see, hear and feel?

If any area in your life is causing you angst, then formulating the right question leads to insight and when you have insight you can change anything in your life.

**NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM**

ISTOCK PHOTOS



► Find out the top workouts for 2011.

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# A superfood casserole

► This dish combines the grain quinoa, chicken, mushrooms & sweet potato to create a new take on a favourite



► Marsala chicken quinoa casserole.

## Preparation:

- 1** With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.
- 2** In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is soft and translucent.
- 3** Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.
- 4** Arrange chicken and vegetables in a layer over the bottom of a casserole dish. Set aside.
- 5** Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2 tsp) of salt, and the eggs and nutmeg. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

THE CANADIAN PRESS

## Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil
- 341 ml (12 oz) crimini mushrooms, sliced
- 2 cloves garlic, minced
- 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) ground black pepper
- 2 boneless, skinless chicken breasts, cubed
- 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy cream
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated Parmesan cheese

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# TOP 10 of 2010

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- 1** Inception
- 2** Harry Potter & the Deathly Hallows
- 3** Toy Story 3
- 4** The Social Network
- 5** Let Me In
- 6** Scott Pilgrim vs The World
- 7** Clash of the Titans
- 8** Get Him to the Greek
- 9** Restrepo
- 10** The Other Guys

To see more Top 10's of 2010,  
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SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

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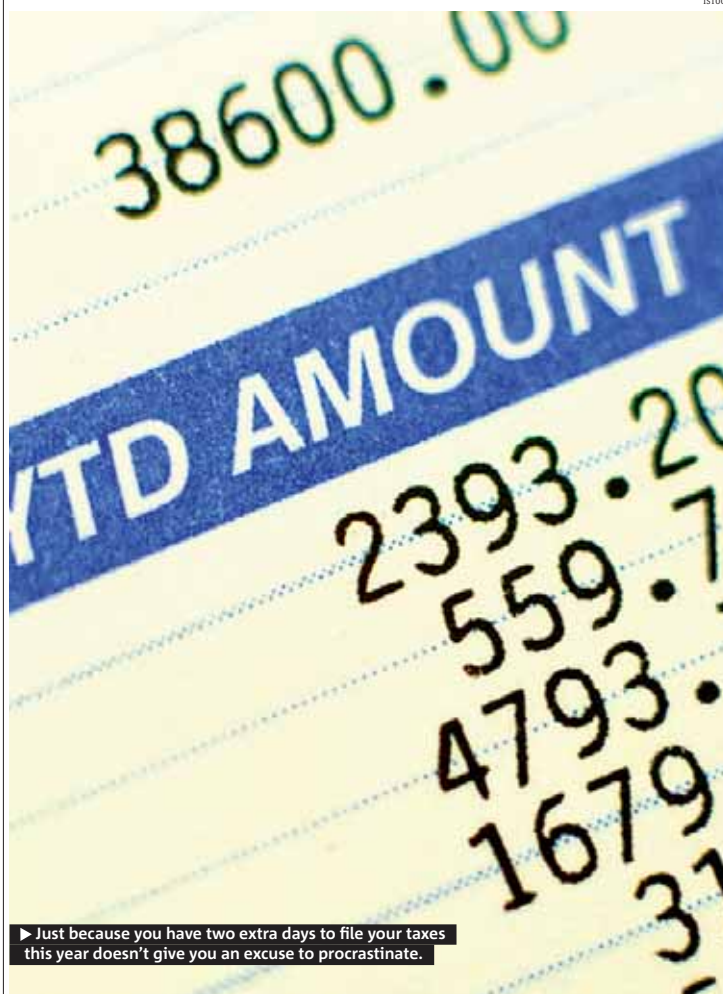
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# Tackle your taxes



► Just because you have two extra days to file your taxes this year doesn't give you an excuse to procrastinate.

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



Good news for procrastinators! This year you have two extra days to file your tax return – until May 2nd at midnight, to be exact. But I'm prodding you into action early so you have ample time to organize your documents and maximize your deductions.

To help prepare you for the big tax filing event, H&R Block Canada's tax advisory service has addressed some of the most common concerns among 2,000 online questions from 2010.

**Missing slips** Employers must file T4s with the Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the deadline.

**Self-employed deduction** It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if your home office is in a 10-by-10 corner of the basement.

**Office parking** It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them.

**Common-law status** After 12 continuous months of living together you're a couple, according to the CRA. Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for re-payment if you fudge the

facts.

**Inheritances:** There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate you might have capital gains or losses. Investments are deemed to have been sold on the date of death.

Getting a head start on your taxes means you're less likely to make mistakes or miss money saving deductions.

## Interest rates/ Savings accounts

| BANK   | RATE  |
|--------|-------|
| BMO    | 1.35% |
| CIBC   | 0.70% |
| HSBC   | 1.00% |
| ING    | 1.50% |
| PCF    | 1.50% |
| RBC    | 1.25% |
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| TD     | 1.25% |
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**97%**

The number of taxpayers who assessed a late filing penalty in 2010.



# The future is now

**Ready, set, apply...**

► Deciding what to do with the rest of your life? ► Here's how to choose the best career path



**ALEX NEWMAN**  
LIFE@METRONEWS.CA

With university application deadlines looming, "it's a crazy time," says Dale Callender. "Students are in my office all the time asking what they should do."

The adviser for Delisle Youth Services at Northern Secondary suggests students make career decisions based on interests, best subjects, family finances and entrance requirements.

Deciding what to do with the rest of your life is "a lot of pressure for a 17- or 18-year-old," Callender says. "Especially when they're afraid of making a misstep."

Which is why Blessie Mathews, a career counsellor at the University of Alberta, encourages students to factor their extracurricular activities into the choice — because

it's something they love and they've already made connections. "Education is one piece of the puzzle," she adds.

Mathews also suggests talking to people in the field. "Most people looking back find that career paths are more often about opportunities that presented themselves, versus planning."

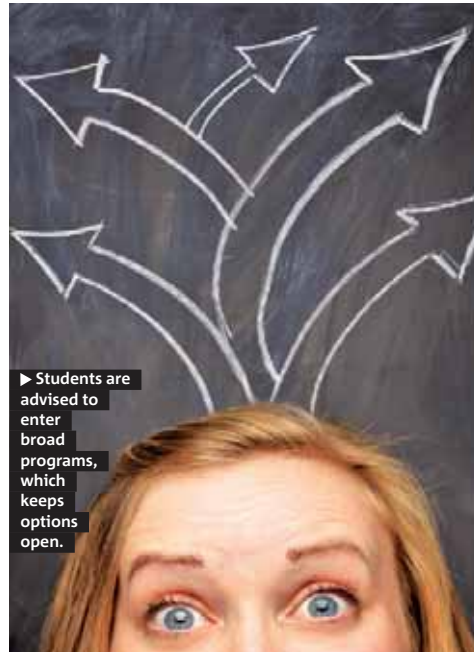
Unless there's a strong pull in a specific direction, students are advised to enter broad programs, which keeps options open until they can make informed choices based on skills and interest.

It's how Georgia Barrington chose her program. "I was never skilled at math or science, and loved the arts, so a BA seemed the best fit. First-year university feels like high school because you take a variety of subjects. You try different courses to see what you like most."

## New fall courses

• **The Clayton H. Riddell Graduate Program in Political Management:** Canada's first graduate program in political management (Carlton University).

• **Music and Science and Mathematics-Finance-Economy** are new joint programs (University of Ottawa). **• KIM KARZOUR**



► Students are advised to enter broad programs, which keeps options open.

There are myriad choices available to those wanting to further their education, and all of them have different application procedures and deadlines.

You are ready to apply once you have:

- decided which path you'll start on
- confirmed application deadlines for your preferred post-secondary institution(s)
- got all your paperwork together
- thought about how you'll manage life as a student. **• TIMOTHY AVERY**

## Ontario

- Ontario's Ministry of Training, Colleges and Universities has a new site ([tcu.gov.on.ca](http://tcu.gov.on.ca)) that incorporates links to all post-secondary institutions in the province and offers tips on how to navigate application procedures.
- It provides extensive information about private career colleges, which offer enrolment at different times during the year.

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# Calderon playing through the pain

► Raptors guard is statistically sound despite nagging injuries

If there's one thing that's become apparent over the last few weeks, it's that Raptors point guard Jose Calderon can play.

It's practice that's the issue.

Throwing a wrench into the common perception that NBA players need time in the gym on off-days to work on their craft, Calderon has been putting up impressive numbers despite not being able to take part fully between games.

"I feel weird. It's the only thing I don't like," said Calderon, still dealing with pain in his left foot. "I like to practise every day. I can do the shooting ... The only thing is I cannot push it. I cannot do the five-on-five because of the next day. We don't know how it's going to feel the next day, so we have to be careful."

The sore foot and a bad ankle haven't taken a toll on what he's done during games. Calderon has had double-figure assists in six of Toronto's last eight games and has been playing his best basketball of the season. The pain in his foot disappears once he gets out on the court. It flares up when the game ends.

"Out there I feel comfortable, I feel good," he said. "I know it's getting better, so soon I'll be back at normal, hopefully. After the game, it's bad ... when you start getting cold again."

TORSTAR NEWS SERVICE



► Jose Calderon during a game against the Lakers in Los Angeles in November.

## Kovalev out for at least a week

Ottawa Senators forward Alex Kovalev will be sidelined for at least a week with a knee injury.

The 37-year-old felt some discomfort after playing in back-to-back games over the weekend. He's been hampered by lingering pain at various points during the season.

"Obviously, he hasn't been 100 per cent healthy for awhile," Senators coach Cory Clouston said after practice yesterday. "It's kind of been hit and miss. His knee will get better (and then) whether he takes a bad step or gets it banged or if it's just wear and tear — two games back-to-back is tough on him."

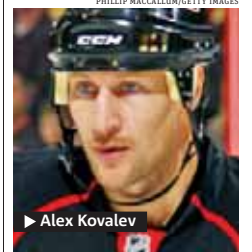
"To me, it's an opportunity for somebody to step up."

Kovalev has eight goals and 18 points in 42 games.

Ottawa plays at Boston tonight and Long Island on Thursday and returns home to face Calgary on Friday.

The Senators are already missing forward Jason Spezza with a shoulder injury and have gone 0-3-2 over their last five games.

"We have to stay positive, we have to keep working hard," said Clouston. **THE CANADIAN PRESS**



► Alex Kovalev

**"This is about Bill Belichick vs. Rex Ryan. There's no question. It's personal. It's about him against myself, and that's what it's going to come down to."**

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|--------------|----|----|----|-----|----|-----|-----|-----|----------|-----------|---------|------|
| d-Pittsburgh | 41 | 26 | 10 | 2   | 3  | 137 | 107 | 57  | 13-6-0-2 | 13-4-2-1  | 7-3-0-0 | W3   |
| d-Tampa Bay  | 43 | 25 | 13 | 3   | 2  | 128 | 137 | 55  | 12-3-1-1 | 13-10-2-1 | 6-3-1-0 | L1   |
| d-Boston     | 41 | 22 | 12 | 2   | 5  | 117 | 93  | 51  | 9-7-1-2  | 13-5-1-3  | 5-2-1-2 | W1   |
| Pittsburgh   | 44 | 26 | 14 | 2   | 2  | 138 | 105 | 56  | 14-9-1-0 | 12-5-1-2  | 4-4-0-2 | L3   |
| Washington   | 42 | 24 | 12 | 3   | 3  | 123 | 109 | 54  | 15-4-2-3 | 9-8-1-0   | 6-1-2-1 | W1   |
| NY Rangers   | 43 | 25 | 15 | 2   | 1  | 126 | 107 | 53  | 10-8-1-1 | 15-7-1-0  | 6-2-1-1 | W3   |
| Atlanta      | 45 | 22 | 16 | 3   | 4  | 140 | 140 | 51  | 11-8-1-2 | 11-8-2-2  | 3-5-2-0 | L2   |
| Montreal     | 42 | 23 | 16 | 3   | 0  | 105 | 99  | 49  | 14-5-3-0 | 9-11-0-0  | 4-5-1-0 | W2   |
| Carolina     | 41 | 20 | 15 | 2   | 4  | 121 | 123 | 46  | 9-7-1-1  | 11-8-1-3  | 5-3-2-0 | W2   |
| Buffalo      | 41 | 18 | 18 | 5   | 0  | 113 | 119 | 41  | 9-10-1-0 | 9-8-4-0   | 5-4-1-0 | W2   |
| Florida      | 40 | 18 | 20 | 1   | 1  | 109 | 106 | 38  | 8-8-1-1  | 10-12-0-0 | 4-4-1-1 | L3   |
| Ottawa       | 42 | 16 | 20 | 4   | 2  | 93  | 126 | 38  | 9-12-1-1 | 7-8-3-1   | 3-4-2-1 | L5   |
| Toronto      | 46 | 20 | 22 | 2   | 2  | 105 | 121 | 36  | 9-10-2-1 | 7-10-0-1  | 4-6-0-0 | W2   |
| NY Islanders | 40 | 13 | 21 | 3   | 3  | 94  | 130 | 32  | 7-7-1-2  | 6-14-2-1  | 6-3-0-1 | L1   |
| New Jersey   | 42 | 11 | 29 | 1   | 1  | 78  | 133 | 24  | 7-13-1-1 | 4-16-0-0  | 2-8-0-0 | W1   |

## WESTERN CONFERENCE

|             | GP | W  | L  | OTL | SL | GF  | GA  | Pts | Home      | Away      | Last 10 | Strk |
|-------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Vancouver | 41 | 27 | 8  | 3   | 3  | 141 | 99  | 60  | 15-3-1-2  | 12-5-2-1  | 8-0-1-1 | L1   |
| d-Detroit   | 42 | 27 | 10 | 4   | 1  | 145 | 118 | 59  | 13-5-3-1  | 14-5-1-0  | 7-2-1-0 | W3   |
| d-Dallas    | 43 | 25 | 13 | 1   | 4  | 124 | 118 | 55  | 12-6-1-3  | 13-7-0-1  | 5-3-0-2 | W1   |
| Nashville   | 41 | 22 | 13 | 4   | 2  | 106 | 97  | 50  | 10-4-3-2  | 12-9-1-0  | 5-5-0-0 | W5   |
| Anaheim     | 45 | 23 | 18 | 2   | 2  | 117 | 123 | 50  | 15-7-0-1  | 8-11-2-1  | 6-4-0-0 | W2   |
| Chicago     | 44 | 23 | 18 | 2   | 1  | 136 | 121 | 49  | 14-10-0-0 | 9-8-2-1   | 6-4-0-0 | W2   |
| Colorado    | 42 | 21 | 15 | 6   | 0  | 139 | 134 | 48  | 11-8-3-0  | 10-7-3-0  | 3-5-2-0 | L2   |
| Los Angeles | 41 | 23 | 17 | 1   | 0  | 124 | 105 | 47  | 14-6-1-0  | 9-11-0-0  | 5-5-0-0 | W1   |
| Phoenix     | 41 | 19 | 13 | 6   | 3  | 113 | 117 | 47  | 8-5-3-2   | 11-8-3-1  | 4-4-1-1 | L1   |
| Minnesota   | 42 | 21 | 16 | 1   | 4  | 107 | 118 | 47  | 10-10-0-2 | 11-6-1-2  | 6-3-0-1 | L1   |
| San Jose    | 43 | 21 | 17 | 4   | 1  | 119 | 118 | 46  | 10-7-2-1  | 11-10-2-0 | 4-6-0-0 | L4   |
| St. Louis   | 40 | 20 | 14 | 2   | 4  | 107 | 112 | 46  | 14-6-0-2  | 6-8-2-2   | 5-4-0-1 | L3   |
| Columbus    | 42 | 20 | 19 | 2   | 1  | 107 | 130 | 43  | 11-9-0-1  | 9-10-2-0  | 4-6-0-0 | L4   |
| Calgary     | 42 | 18 | 20 | 1   | 3  | 112 | 123 | 40  | 11-8-0-1  | 7-12-1-2  | 4-5-0-1 | L3   |
| Edmonton    | 40 | 13 | 20 | 1   | 6  | 101 | 138 | 33  | 7-11-1-2  | 6-9-1-3   | 2-6-0-2 | L1   |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Boston 4 Pittsburgh 2  
Phoenix at St. Louis  
Detroit at Colorado  
Toronto at Los Angeles

## Sunday's results

Anaheim 1 San Jose 0  
Carolina 4 Atlanta 3 (OT)  
Chicago 5 N.Y. Islanders 0  
Dallas 4 Minnesota 0  
New Jersey 6 Tampa Bay 3

## Tonight's games

All Times Eastern  
Ottawa at Boston, 7 p.m.  
Vancouver at N.Y. Islanders, 7 p.m.  
Montreal at N.Y. Rangers, 7 p.m.  
Calgary at Carolina, 7 p.m.  
Phoenix at Columbus, 7 p.m.  
Philadelphia at Buffalo, 7:30 p.m.  
Washington at Florida, 7:30 p.m.  
Minnesota at Nashville, 8 p.m.  
Edmonton at Dallas, 8:30 p.m.  
Toronto at San Jose, 10:30 p.m.

## SCORING LEADERS

|                 | G  | A  | PT |
|-----------------|----|----|----|
| Crosby, Pgh     | 32 | 34 | 66 |
| Stamkos, TB     | 31 | 26 | 57 |
| D.Sedin, Vcr    | 25 | 29 | 54 |
| H.Sedin, Vcr    | 9  | 45 | 54 |
| St. Louis, TB   | 18 | 35 | 53 |
| B.Richards, Dal | 18 | 31 | 49 |
| Zetterberg, Det | 15 | 32 | 47 |
| Eriksson, Dal   | 16 | 30 | 46 |
| Perry, Ana      | 21 | 24 | 45 |
| Kopitar, LA     | 15 | 30 | 45 |
| Sharp, Chi      | 25 | 19 | 44 |
| Ovechkin, Wash  | 15 | 29 | 44 |
| E.Staal, Car    | 20 | 21 | 41 |
| Byfuglien, Atl  | 16 | 25 | 41 |
| Kesler, Vcr     | 23 | 17 | 40 |
| Duchene, Col    | 16 | 24 | 40 |
| Datsyuk, Det    | 12 | 27 | 39 |
| Lidstrom, Det   | 11 | 28 | 39 |
| Backstrom, Wash | 11 | 27 | 38 |
| Havlat, Minn    | 10 | 28 | 38 |
| Enstrom, Atl    | 8  | 30 | 38 |
| Iginla, Cal     | 17 | 20 | 37 |
| Heatley, SJ     | 15 | 22 | 37 |
| Getzlaf, Ana    | 13 | 24 | 37 |
| M.Richards, Pha | 13 | 24 | 37 |
| Selanne, Ana    | 12 | 25 | 37 |
| Dubinsky, NYR   | 16 | 20 | 36 |
| Giroux, Pha     | 16 | 20 | 36 |
| Toews, Chi      | 16 | 20 | 36 |
| P.Stastny, Col  | 15 | 21 | 36 |
| Ladd, Atl       | 14 | 22 | 36 |
| Clowe, SJ       | 11 | 25 | 36 |
| M.Koivu, Minn   | 10 | 26 | 36 |
| Ribeiro, Dal    | 9  | 27 | 36 |
| Letang, Pgh     | 6  | 30 | 36 |
| Semin, Wash     | 18 | 17 | 35 |
| J.Williams, LA  | 16 | 19 | 35 |
| Hejduk, Col     | 13 | 22 | 35 |
| Roy, Buf        | 10 | 25 | 35 |
| J.Thornton, SJ  | 10 | 25 | 35 |

Not including last night's games

## NBA

## EASTERN CONFERENCE

|              | W  | L  | Pct  | GB     |
|--------------|----|----|------|--------|
| d-Miami      | 30 | 9  | .769 | —      |
| d-Boston     | 28 | 9  | .757 | 1      |
| Orlando      | 25 | 12 | .676 | 4      |
| d-Chicago    | 24 | 12 | .667 | 4 1/2  |
| Atlanta      | 25 | 14 | .641 | 5      |
| New York     | 21 | 15 | .583 | 7 1/2  |
| Indiana      | 14 | 20 | .412 | 13 1/2 |
| Philadelphia | 15 | 22 | .405 | 14     |
| Charlotte    | 14 | 21 | .400 | 14     |
| Milwaukee    | 14 | 21 | .400 | 14     |
| Toronto      | 13 | 24 | .351 | 16     |
| Detroit      | 12 | 24 | .333 | 16 1/2 |
| New Jersey   | 10 | 27 | .270 | 19     |
| Washington   | 9  | 26 | .257 | 19     |
| Cleveland    | 8  | 29 | .216 | 21     |

## WESTERN CONFERENCE

|                 | W  | L  | Pct  | GB     |
|-----------------|----|----|------|--------|
| d-San Antonio   | 31 | 6  | .838 | —      |
| Dallas          | 26 | 10 | .722 | 4 1/2  |
| d-L.A. Lakers   | 27 | 11 | .711 | 4 1/2  |
| d-Oklahoma City | 25 | 13 | .658 | 6 1/2  |
| d-Utah          | 25 | 13 | .658 | 6 1/2  |
| New Orleans     | 22 | 16 | .579 | 9 1/2  |
| Denver          | 20 | 16 | .556 | 10 1/2 |
| Portland        | 20 | 18 | .526 | 11 1/2 |
| Houston         | 17 | 21 | .447 | 14 1/2 |
| Memphis         | 17 | 21 | .447 | 14 1/2 |
| Phoenix         | 15 | 20 | .429 | 15     |
| Golden State    | 15 | 22 | .405 | 16     |
| L.A. Clippers   | 12 | 24 | .333 | 18 1/2 |
| Minnesota       | 9  | 29 | .237 | 22 1/2 |
| Sacramento      | 8  | 26 | .235 | 21 1/2 |

## d — division leader

## Last night's results

Charlotte 96 Memphis 82  
Houston 108 Boston 102  
Detroit at Chicago

## Sunday's results

Toronto 118 Sacramento 112  
L.A. Clippers 105 Golden State 91  
San Antonio 94 Minnesota 91  
Phoenix 108 Cleveland 100  
Miami 107 Portland 100 (OT)  
New Orleans 96 Denver 87  
L.A. Lakers 109 New York 87  
Tonight's games  
All Times Eastern  
Milwaukee at Atlanta, 7 p.m.  
Indiana at Philadelphia, 7 p.m.  
Sacramento at Washington, 7 p.m.  
San Antonio at Minnesota, 8 p.m.  
Phoenix at Denver, 9 p.m.  
New York at Portland, 10 p.m.  
Cleveland at L.A. Lakers, 10:30 p.m.

## GOLF

## PGA

## FEDEXCUP STANDINGS

(all figures in U.S. dollars)

| Rank | Name            | Points | Money       |
|------|-----------------|--------|-------------|
| 1.   | Jonathan Byrd   | 500    | \$1,120,000 |
| 2.   | Robert Garrigus | 300    | \$635,000   |
| 3.   | Graeme McDowell | 190    | \$412,000   |
| 4.   | Carl Pettersson | 123    | \$286,500   |
| 5.   | Steve Stricker  | 123    | \$286,500   |
| 6.   | Matt Kuchar     | 95     | \$201,500   |
| 6.   | Ian Poulter     | 95     | \$201,500   |
| 8.   | Bill Haas       | 85     | \$182,000   |
| 9.   | Jason Day       | 75     | \$162,000   |
| 9.   | Jim Furyk       | 75     | \$162,000   |
| 9.   | Dustin Johnson  | 75     | \$162,000   |

## WORLD RANKING

## Through Jan. 9

|                    | Eng | 8.97 |
|--------------------|-----|------|
| 1. Lee Westwood    | USA | 7.50 |
| 2. Tiger Woods     | Ger | 7.03 |
| 3. Martin Kaymer   | USA | 6.39 |
| 4. Phil Mickelson  | Nir | 6.30 |
| 5. Graeme McDowell | USA | 6.01 |
| 6. Steve Stricker  | USA | 6.00 |
| 7. Jim Furyk       | Eng | 5.65 |
| 8. Paul Casey      | Eng | 5.48 |
| 9. Luke Donald     | Eng | 5.48 |
| 10. Ian Poulter    | SAF | 5.46 |
| 11. Ernie Els      | Nir | 5.40 |
| 12. Rory McIlroy   | USA | 4.69 |
| 13. Matt Kuchar    | USA | 4.50 |
| 14. Dustin Johnson | SAF | 4.38 |
| 15. Retief Goosen  |     |      |

## TRANSACTIONS

## BASEBALL

## AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with LHP Hideki Okajima on a one-year contract. Named Mike Murov assistant for baseball operations, Tom Allison regional crosschecker for the Midwest, Jon Adkins area scout for the Ohio Valley, Chris Pritchett area scout for Canada, Andy Fox minor league infield coordinator, Chili Davis hitting coach for Pawtucket (IL), Rich Gedman hitting coach for Lowell (NYP), Nate Field, John Lombardo and Hal Morris pro scouts, Victor Rodriguez scout for the Dominican Republic, Basilio Alvarado Dominican Summer League catching coach, and Oscar Lira Dominican Summer League assistant pitching coach.  
CHICAGO WHITE SOX — Agreed to terms with LHP Will Ohman on a two-year contract.  
DETROIT TIGERS — Named Bill Brown advisor for team travel and Tyson Steele director of team travel.

## NATIONAL LEAGUE

CHICAGO CUBS — Claimed C Max Ramirez off waivers from Boston.  
CINCINNATI REDS — Agreed to terms with SS Edgar Renteria and OF Fred Lewis on a one-year contract.  
PHILADELPHIA PHILLIES — Traded LHP Sergio Escalona to Houston for 2B Albert Cardwright.  
SAN DIEGO PADRES — Agreed to terms with INF Jason Bartlett on a two-year contract.

## BASKETBALL

## NBA

DALLAS MAVERICKS — Signed F Sasha Pavlovic to a 10-day contract.

## FOOTBALL

## NFL

CLEVELAND BROWNS — Signed QB Jarrett Brown, DL Scott Paxson and DB Ramzee Robinson.

## CFL

TORONTO ARGONAUTS — Signed WR Jermaine Copeland to a contract extension.  
WINNIPEG BLUE BOMBERS — Signed DB Alex Suber and DB Clint Kent to contract extensions.

## HOCKEY

## NHL

COLUMBUS BLUE JACKETS — Recalled G David LeNeveu from Springfield (AHL) on an emergency basis.  
DETROIT RED WINGS — Recalled G Joey MacDonald from Grand Rapids (AHL). Reassigned G Thomas McCollum from Toledo (ECHL) to Grand Rapids.  
MINNESOTA WILD — Reassigned D Jared Spurgeon to Houston (AHL).  
PHOENIX COYOTES — Traded F Wojtek Wolski to the N.Y. Rangers for D Michal Rozsival.  
WASHINGTON CAPITALS — Recalled RW Brian Willsie from Hershey (AHL).

## AHL

SAN ANTONIO RAMPAGE — Signed RW J.D. Watt.

## SOCCER

## MLS

D.C. UNITED — Signed D Rodrigo Brasesco on loan from Racing Club of Uruguay.

## TENNIS

## SYDNEY INTERNATIONAL

## At Sydney

## Yesterday's results

## MEN

## Singles — First Round

Juan Martin del Potro, Argentina, def. Feliciano Lopez (6), Spain, 6-7 (5), 7-6 (9), 7-6 (3).  
Sergiy Stakhovskiy, Ukraine, def. Benjamin Becker, Germany, 7-6 (3), 7-6 (6).  
Florian Mayer, Germany, def. James Ward, England, 7-5, 6-0.  
Igor Andrejev, Russia, def. Jeremy Chardy, France, 6-2, 6-4.  
Frederico Gil, Portugal, def. Jarkko Nieminen, Finland, 6-2, retired.

## WOMEN

## Singles — First Round

Flavia Pennetta, Italy, def. Lucie Hradecka, Czech Republic, 6-4, 6-3.  
Maria Jose Martinez, Spain, def. Daniela Hantuchova, Slovakia, 6-2, 6-4.  
Victoria Azarenka (7), Belarus, def. Ekaterina Makarova, Russia, 2-6, 6-2, 6-4.  
Shahar Peer, Israel, def. Sybille Bammer, Austria, 6-3, 5-7, 6-1.  
Dominika Cibulkova, Slovakia, def. Maria Kirilenko, Russia, 6-3, 6-3.  
Li Na (8), China, def. Anastasia Rodionova, Australia, 6-1, 6-2.  
Virginie Razzano, France, def. Sandra Zahlavova, Czech Republic, 7-6 (4), 6-2.  
Barbora Zahlavova Strycova, Czech Republic, def. Nadia Petrova, Russia, 6-2, 6-2.  
Bojana Jovanovski, Serbia, def. Kaia Kanepi, Estonia, 6-4, 6-4.  
Samantha Stosur (4), Australia, def. Yanina Wickmayer, Belgium, 7-5, 6-4.  
Alisa Kleibanova, Russia, def. Francesca Schiavone (5), Italy, 6-7 (5), 6-1, 6-2.  
Aravane Rezaei, France, def. Jelena Jankovic (6), Serbia, 7-5, 2-6, 6-3.

## HOBART INTERNATIONAL

## At Hobart, Australia

## Yesterday's results

## Singles — First Round

Jarmila Groth (6), Australia, def. Johanna Larsson, Sweden, 6-1, 6-3.  
Alicia Molik, Australia, def. Sofia Arvidsson, Sweden, 7-5, 6-3.  
Olga Govortsova, Belarus, def. Sally Peers, Australia, 6-4, 6-2.  
Peng Shuai, China, def. Tsvetana Pironkova (3), Bulgaria, 2-6, 6-3, 6-2.  
Elena Vesnina, Russia, def. Arantxa Parra Santonia, Spain, 6-2, 6-1.  
Tamira Paszek, Austria, def. Olivia Rogowska, Australia, 6-1, 6-3.  
Alberta Brianti, Italy, def. Carla Suarez Navarro, Spain, 4-6, 6-3, 6-4.  
Klara Zakopalova (5), Czech Republic, def. Melanie Oudin, U.S., 6-3, 7-6 (3).  
Bethanie Mattek-Sands (2), U.S., def. Anastasia Pavlyuchenkova, Russia, 6-2, 0-0, retired.  
Alla Kudryavtseva, Russia, def. Magdalena Rybarikova, Slovakia, 6-3, 6-4.  
Elena Baltacha, Britain, def. Tamarine Tanasugarn, Thailand, 6-3, 6-3.  
Marion Bartoli (1), France, def. Dinara Safina, Russia, 6-0, 6-1.

HEINEKEN OPEN  
At Auckland, New Zealand  
Yesterday's results  
Singles — First Round  
Santiago Giraldo, Colombia, def. Daniel Gimeno-Traver, Spain, 6-2, 6-4.  
Tommy Robredo, Spain, def. Michael Venus, New Zealand, 6-7 (6), 6-3, 6-0.  
Philipp Kohlschreiber (8), Germany, def. Carlos Berlocq, Argentina, 2-6, 6-3, 6-1.

## SOCCER

## ENGLAND

## FA CUP

## Third Round

## Yesterday's results

Crawley 2 Derby 1

## SCOTLAND

## SCOTTISH CUP

## Fourth Round

## Yesterday's results

Rangers 3 Kilmarnock 0

## SPAIN

## LA LIGA

## Yesterday's result

Hercules 4 Atletico Madrid 1

## NFL

## WILD-CARD PLAYOFFS

## Sunday's results

## AFC

Baltimore 30 Kansas City 7

## NFC

On your way home tonight, pick up Toronto's newest FREE DAILY **metroplay** from one of our METRO PLAY AMBASSADORS around the downtown Toronto core!

## Crossword

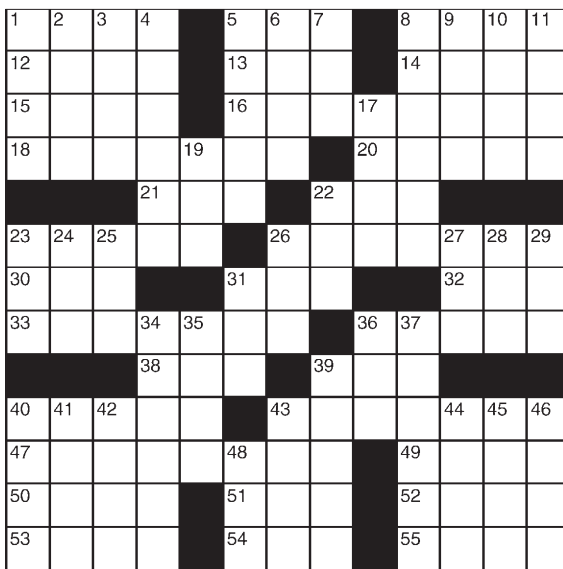
### Across

1 Shoe bottom  
5 A billion years  
8 Apothecary measure  
12 Barber's concern  
13 Biz deg.  
14 Latvia's capital  
15 Stretches (out)  
16 Energized  
18 TV oldie about the Carringtons  
20 Relaxes  
21 Your, biblically  
22 Jewel  
23 Astound  
26 Camping item for two  
30 D.C. VIP  
31 Purchase  
32 Fish eggs  
33 Movie snack  
36 Swear-word  
38 Actress Longoria  
39 Fellow  
40 All-wise one  
43 One whose logic is faulty

47 "Hush!"  
49 Margarine  
50 Admitting customers  
51 Cistern  
52 Light melody  
53 Libretto  
54 Nay undoer  
55 Eli's alma mater

### Down

1 Lean-to  
2 Reminiscent of wood, as some wines  
3 Home security system?  
4 Bad substitute



5 Devoid of content  
6 Do as you're told  
7 Sista  
8 Saw things in the dark?  
9 Disencumbers  
10 Chills and fever  
11 Navigator's stack  
17 Chick's call  
19 That woman  
22 Bloke  
23 iPhone download  
24 Cattle call?  
25 Matterhorn, e.g.  
26 Play on words  
27 Mess up  
28 Ph. bk. data

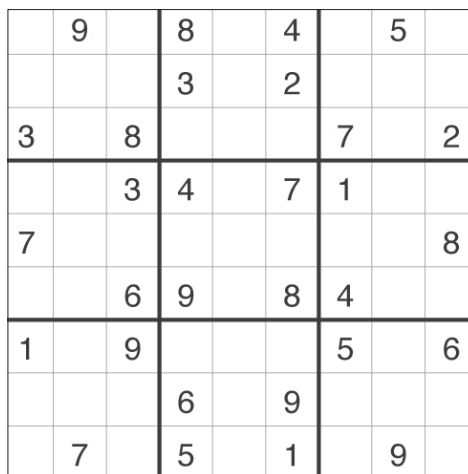
29 Ball prop  
31 Lingerie item  
34 Solidify  
35 "Metamorphoses" poet  
36 Upper limit  
37 Evil  
39 Three-card scam  
40 Dalmatian's name, often  
41 Use a towel  
42 Pinnacle  
43 Vacillate  
44 Pelvic bones

45 Opposite of 31-Across  
46 Carry  
48 Eventual aces

### Monday's answer

AMIR RAP LAVE  
SARI EGO ACID  
PLOP COLDCASE  
SENSEI LOUDER  
ATTU ENE  
SHOWCASE AMMO  
PAD SLEDS IAN  
ALIT SUITCASE  
OAR PFUI  
OPUSES INCOME  
TESTCASE AVOW  
ISLE MAR DELE  
SOYS EDS ANTS

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 7 | 1 | 9 | 6 | 3 | 4 | 2 | 5 |
| 4 | 6 | 3 | 7 | 2 | 5 | 9 | 8 | 1 |
| 2 | 5 | 9 | 4 | 8 | 1 | 3 | 6 | 7 |
| 3 | 4 | 7 | 2 | 1 | 6 | 8 | 5 | 9 |
| 5 | 1 | 2 | 8 | 4 | 9 | 6 | 7 | 3 |
| 6 | 9 | 8 | 5 | 3 | 7 | 2 | 1 | 4 |
| 1 | 8 | 5 | 6 | 9 | 4 | 7 | 3 | 2 |
| 7 | 2 | 4 | 3 | 5 | 8 | 1 | 9 | 6 |
| 9 | 3 | 6 | 1 | 7 | 2 | 5 | 4 | 8 |

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

E.B. .... HAPPY BIRTHDAY XOXOXO... thanks for being the greatest wife and the bestest mom in the whole wide world. Love you tons sweetheart. K.C. X2

Dear Mom,  
Happy 60th birthday! You are such a wonderful person and definitely the best mother a girl could ask for! I love you so much and hope you have a wonderful day! XOXO TAMMY

Echo, I love having you back in Llanview, with BIG kisses, YOUR DISAVOY

Dear David I love you! om-nom-nom-nom!!  
LOVE, DEBBIE

Shannon, I wanna feel your love. Right from the bottom of your heart to your hands. Thank you for being so accepting, caring and loving. Je t'aime beaucoup. Happy 6-month anniversary!!  
LARRY XOXOX

## Today's horoscope

**♈ Aries** March 21-April 20 It's okay to go off on your own and do your own thing, but don't do it too much or others might start getting a bit suspicious. You don't want them thinking you're up to no good. That's just not true — is it?

**♉ Taurus** April 21-May 21 Taurus may be one of the zodiac's "fixed" signs but you know how to be flexible when the situation calls for it. It is better to bend in the breeze than get blown away. You'll bend, but you won't break.

**♊ Gemini** May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past, it is over and done with and there are no hard feelings.

**♋ Cancer** June 22-July 22 You are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrying about.

**♌ Leo** July 23-Aug. 23 Make things easy today by allowing other people to make decisions for you. Part of the art of leadership is delegation. You don't have to dot every "i" and cross every "t" yourself.

**♍ Virgo** Aug. 24-Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of people to make our world.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 If you find it hard to get started on your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until you feel motivated.

**♏ Scorpio** Oct. 24-Nov. 22 If someone cheats you today and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

**♐ Sagittarius** Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

**♑ Capricorn** Dec. 22-Jan. 20 No one will try to stop you if you decide to get away for a few hours today, but before you head out the door make sure you have completed what you promised to do.

**♒ Aquarius** Jan. 21-Feb. 18 It's not like you to let fear hold you back, but for some reason you are reluctant to take the kind of risk you usually don't think twice about. Maybe it's your sixth sense trying to warn you. Tread lightly.

**♓ Pisces** Feb. 19-March 20 Let others know how much you appreciate their efforts, and let them know how much their support means to you. You can never say "thank you" often enough. SALLY BROMPTON

## Caption contest



"Stuck in the Wheel of Fortune!!!"  
LINDA BARON

**WIN!** You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in Tuesday's Metro.



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Conditions apply. Ex: Ottawa. Package price is per person based on double occupancy for total length of stay. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. sq/wsq=weekend, wsq=weekend. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

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# Deals of the week



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## DOMINICAN REPUBLIC

### Punta Cana Occidental Grand Punta Cana ★★★★★

All-Inclusive • Junior suite  
Jan. 22 & 29 • 1 wk.

**\$899**

+Taxes & other fees: \$170

### Gran Bahia Principe Punta Cana ★★★★★

All-Inclusive • Junior suite  
Mar. 5 • 1 wk.  
Book & pay in full by Jan. 14, 2011

  
**\$1269**

+Taxes & other fees: \$170

## GRENADA via Toronto

### The Flamboyant Hotel & Villas ★★★★★

Standard rm.  
Jan. 29 • 1 wk.

**\$1079**

+Taxes & other fees: \$181

## JAMAICA

### Sunset Jamaica Grande Resort & Spa ★★★★★

All-Inclusive  
Traditional standard rm.  
Feb. 5 & 12 • 1 wk.

  
**\$1269**

+Taxes & other fees: \$93

## USA

### New York City Wellington Hotel ★★★★★

Double one-bedroom  
Feb. 13, 14 & 15 • 3 nts.

**\$489**

+Taxes & other fees: \$113

## BAHAMAS

### Nassau via Toronto Sheraton Nassau Beach Resort ★★★★★

Resort view rm.  
Feb. 5 • 4 nts.

**\$300 instant savings**

**\$949**

+Taxes & other fees: \$132

## MEXICO

### Cancun/Riviera Maya Grand Sirenis Riviera Maya Resort & Spa ★★★★★

All-Inclusive • Junior suite  
Mar. 19 • 1 wk.

**\$1169**

+Taxes & other fees: \$245

### Gran Bahia Principe Tulum ★★★★★

All-Inclusive  
Standard rm.  
Mar. 19 • 1 wk.

  
**\$1169**

+Taxes & other fees: \$245

### Puerto Vallarta/ Riviera Nayarit via Toronto

### Barceló Puerto Vallarta ★★★★★

All-Inclusive • Junior suite deluxe  
Feb. 1-10, 14-16 & 21-24 • 1 wk.

**\$1339**

+Taxes & other fees: \$130

## CUBA

### Varadero

### Allegro Varadero ★★★★★

All-Inclusive • Superior rm.  
Feb. 5 & 12 • 1 wk.

**\$999**

+Taxes & other fees: \$154  
Departure tax: 25 CUC cash, paid locally

### Sirenis La Salina Varadero Beach Resort ★★★★★

All-Inclusive  
Standard rm.  
Feb. 5 & 12 • 1 wk.

**\$1099**

+Taxes & other fees: \$154  
Departure tax: 25 CUC cash, paid locally

## Santa Clara

### Royal Hideaway Ensenachos ★★★★★

All-Inclusive  
Royal spa premium rm.  
Feb. 6-Mar. 6 • 1 wk.

  
**\$1569**

+Taxes & other fees: \$154  
Departure tax: 25 CUC cash, paid locally

## TURKS & CAICOS

### Ocean Club Resort ★★★★★

Studio suite  
Feb. 7 & 14 • 1 wk.

**\$1699**

+Taxes & other fees: \$133

## CRUISE

### Princess Cruises<sup>1</sup> Caribbean Princess

Southern Caribbean Cruise  
Flight to San Juan via Toronto  
Interior stateroom, cat. K  
Apr. 3 & 10 • 1 wk.

**\$1129**

+Taxes & other fees: \$137

## EXCELLENCE GROUP LUXURY RESORTS

## MEXICO

### Cancun/Riviera Maya

### Excellence Riviera Cancun ★★★★★

All-Inclusive  
Junior suite spa or pool view  
Mar. 19 • 1 wk.

  
**\$1739**

+Taxes & other fees: \$245

## DOMINICAN REPUBLIC

### Punta Cana

### Excellence Punta Cana ★★★★★

All-Inclusive  
Junior suite garden view  
Feb. 5 • 1 wk.

  
**\$1989**



+Taxes & other fees: \$170



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# NEW YEAR, NEW BEGINNING! FEBRUARY CLASSES

## Paralegal *Part time evening program now available!*

### Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

### Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



## Pharmacy Technician *Afternoon Class Starts in February!*

### Program Objective

The *Health Systems Improvement Act, 2007* enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

### Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



## Personal Support Worker

*Part time evening program now available!*

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

## Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

## Fitness & Health Promotion

**NEW  
program**

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

**CALL TODAY**  
**Classes Starting Monthly!**  
**613-722-7811**

## Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

## Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

 **ALGONQUIN CAREERS ACADEMY**

**1644 Bank St.**

**613-722-7811**

**www.algonquinacademy.com**